# Utah High School to College and Career



SKILLED & TECHNICAL SCIENCES

HEALTH SCIENCE & TECHNOLOGY

MARKETING

INFORMATION TECHNOLOGY An interactive guide to help put you on the path to personal success.





# Find the Pathway That's Right for You

An exciting world of learning and work awaits you! Unfortunately, there's not time to explore every nook and cranny (and, in fact, few people would want to), so here are some helpful tips to get you started in a direction that best suits you.

## **Identify Your Career Interests**



The first step toward meaningful exploration of learning and work opportunities is to identify your career interests. This short activity is designed to help you think about your career interests and personal preferences in terms of "Holland Codes" and Utah Career Fields. This is not a formal assessment, so be sure to compare your results to some other measure of your Holland Codes.

#### What are your strengths?

When you finish all the questions, take a look at your results. Write your top two Holland Codes/Utah Career Fields here:

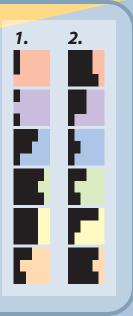
#### **Bar Graph Examples**

After you complete the exercise on the next page, you will have a bar graph that represents your individual characteristics, expressed as your "Holland Code."

A bar graph similar to **example 1** indicates strengths in *Social* and *Enterprising* activities.

A bar graph similar to *example 2* indicates strengths in Realistic and Conventional activities.

Knowing your Holland Code" will help you find groups of careers and related coursework that supports your characteristics. For example, if your bar graph indicates you are "Social" and "Enterprising," you might want to explore opportunities in education or government. Your school counselor can provide additional information and help you use your Holland Code as part of your *Choices* search to find the opportunities most suited to you.



## **Create Your Own Career Interest Bar Graph**

Read each of the following questions. Each time to answer "yes," shade in one of the cells to the right of that question.

	·			
	Would you describe yourself as: Practical? – Mechanical? – Athletic? – Stable? — Persistent?			
REALISTIC "Doers"	Are you interested in: Working outdoors? – Planting a garden? – Being physically active? Working with animals? – Using tools?			
Pucis	Are you good at: Fixing things? – Playing sports? – Operating machinery? Reading blueprints? – Building things?			
	Would you describe yourself as: Inquisitive? – Logical? – Scholarly? – Observant? – Analytical?			
"Thinkers"	Are you interested in:  Reading scientific journals? – Doing research? – Exploring new ideas?  Performing experiments? – Using a microscope?			
	Are you good at:  Solving math problems? – Understanding scientific theories?  Analyzing data? – Thinking abstractly? – Interpreting formulas?			
	Would you describe yourself as: Creative? - Original? - Imaginative? - Independent? - Sensitive?			
ARTISTIC "Creators"	Are you interested in:  Going to concerts? – Working on crafts? – Expressing yourself?  Attending plays? – Taking photographs?			
	Are you good at: Drawing? – Playing a musical instrument? – Writing stories or poetry? Singing? – Designing?			
000101	Would you describe yourself as: Helpful? – Responsible? – Patient? – Kind? – Understanding?			
SOCIAL "Helpers"	Are you interested in:  Helping people? – Participating in meetings? – Working in groups?  Doing volunteer work? – Being a team player?			
	Are you good at:  Teaching others? – Expressing yourself? – Leading group discussions?  Planning activities? – Cooperating with others?			
	Would you describe yourself as: Self-confident? – Enthusiastic? – Persuasive? – Popular? – Extroverted?			
ENTERPRISING "Persuaders"	Are you interested in: Winning awards? – Achieving status? – Starting your own business? Being elected to an office? – Having power?			
	Are you good at: Initiating projects? – Selling things? – Giving talks? Convincing people? – Giving speeches?			
	Would you describe yourself as:  Efficient? – Methodical? – Accurate? – Conscientious? – Organized?			
			_	
CONVENTIONAL "Organizers"	Are you interested in:  Working in a structured environment? – Using computers?  Processing information? – Keyboarding? – Organizing things?			



### **7 Kinds of SMART**

Einstein once said, "Imagination is more important than knowledge." That might have been the beginning of the idea that people can be smart in different ways.

Check the statements in the first column below that reflect what you know about yourself, then match your highest scores to the descriptions of your strengths.

	can easily remember what people say. am an avid reader. am a good speller.	Linguistic Intelligence You are good with language; love reading and writing and are a good listener as well as a confident speaker.
□ V	like music more than art. Without music, life isn't any fun. When I am alone, I usually have music playing or hum or sing.	Musical Intelligence You are sensitive to melody, rhythm, musical patterns, and pitch. You play one or more instruments and appreciate different types of music.
□ I	can multiply and add quickly in my head. have always been good with fractions. love Sudoku!	Logical-Mathematical Intelligence You easily learn patterns, numbers, calculations and math concepts. You like games, riddles, puzzles, brainteasers and computers.
U V	When I recall an experience, I mostly see a picture of it in my mind. When looking at objects on paper, I can easily sell whether they are the same no matter which way they are turned. don't need GPS to know what direction I'm	Visual-Spatial Intelligence You understand how objects and figures relate in 3-D space and are able to rotate shapes mentally to see them from all angles. You enjoy chess, puzzles, Legos™ and maps.
h	t is hard for me to sit still for very long.  learn best by doing.  love working with my hands and building or making things.	Bodily-Kinesthetic Intelligence You are good at handling and manipulating objects. You have excellent body and/or fine motor control and move with grace.
n D It	can usually strike up a conversation with most anyone. t's easy to talk for long periods of time on he phone with my friends. have served as a student leader.	Interpersonal Intelligence You get along well with, and understand other people and their feelings. You are a natural leader and/or mediator.
b □ I	When I recall an experience, I mostly remem- per how I felt about it. enjoy my time alone. know how to put together a good plan.	Intrapersonal Intelligence You have keen insight into yourself and are able to successfully manage your emotions. You like setting goals and striving to achieve them.

#### **Increase Your Brain Power**



Did you know that the connections between the cells in your brain increase as you develop new skills? It's true! You have been increasing your brain power over the course of your entire life so far, through both school and general life experiences.

There are three key skills that will serve you well as you continue on and beyond school. Think about your ability to use Math, Communication and Decision Making skills as you complete the puzzle below. You can start to identify your strengths, and perhaps discover some areas that need your added attention.

Write the letter associated with each statement in the box above the skill category to which it belongs. (The first letter has been done for you.)

	category to which it belongs. (The first letter has been done for you.)								
V	I can tell others about my ideas in ways that they can understand.								
T	If I see a sign that says "25% off," I can figure out the final sales price of the item being advertised.								
Е	I am a good listener.								
	I can predict the difficulties that I will face as I outline a plan of action.								
Н	I can estimate the total cost of materials required to complete a course project.								
L	I can list some intermediate steps that will lead me to a personal goal.								
Α	I can understand information that is presented in a table or graph.								
S	I ask good questions that help me understand a teacher's presentation.								
L	When I am trying to solve a problem, I can usually figure out possible solutions.								
K	I have written some really great school reports.								
S	I am willing to take some risks to achieve my goals.								
		V							
MATH		CC	MMUI	VICATIO	ON	DE	CISION	MAKIN	NG

## Take the Challenge

Every worker needs some strong foundation skills to be successful. Check to see if you have some of the skills you need as a worker by trying out the "Real-life Math," "Real-life

Communication" and "Real-life Decision Making" tasks in the Choices Explorer program. Find an occupation that interests you and link to the description for that occupation. Then click the "Getting Started" tab to apply YOUR skills to the work-related problems presented.

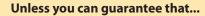


## **Don't Let Gender Stereotypes Limit Your Career Choices**

## The Prince Charming Syndrome

When I grow up a rich man will fall in love with me and marry me and take care of me.





- You will marry.
- ✓ Your husband will always earn enough money to support the entire family.
- ✓ Your husband will never leave you and you will never leave him.
- Your husband will never die.

...vou will need to be able to support yourself financially, do family work at home, and be a good parent to your children!



## The Princess Buttercup Syndrome

#### Unless you can guarantee that...

- ✓ You will marry.
- ✓ Your wife will always take care of the children and all the details at home.
- ✓ Your wife will never leave you and you will never leave her.
- Your wife will never die.

...you will need to be able to support yourself financially, do family work at home, and be a good parent to your children!

When I grow up a lovely woman will fall in love with me and marry me and take care of our family.



#### **DEFINITIONS**

**Stereotype:** To attribute behaviors, abilities, interests, values, etc. to a person or group of people on the basis of gender, race, age, or other generalized characteristics.

Non-traditional occupation: An occupation in which 75% or more of the workers in the occupation are of one gender.

#### What do you know?

- 1. TRUE OR FALSE Males need to earn more money than females.
- 2. TRUE OR FALSE Females usually don't have the mathematical ability to become engineers or computer programmers.
- 3. **TRUE OR FALSE** Traditional ideas of female occupations and male occupations limit everyone's choices.
- 4. **TRUE OR FALSE** You will be locked out of 80% of the jobs in the future if you do not have a good background in science, math, and computers.

- The average married female in Utah with **children** should plan on working at least:
  - a. less than five years
- c. 30 years
- b. 15-25 years
- d. 40 years
- What **percentage of married men** in Utah with children ages 6–17 have wives who work outside the home?
  - a. about one-fourth
- c. about 3/4
- b. about one-half
- d. over 90%

**ANSWER KEY** 

1. F 2. F 3. T 4. T 5. B 6. C

# The First Step of Your Career Pathway is to

Ninth grade marks the beginning of your high school career. Granted, there will be some courses that are required for graduation, but you will likely have room in your schedule to choose a few classes every year, too (see chart). Being aware of your occupational interests and skills will help you choose the electives that will help you achieve your occupational goals.



#### High School (grades 9-12)

State requirements for graduation (class of 2011 and on)

Subject	Credits
LanguageArts	4.00
Math	3.00
Science	3.00
Social Studies	2.50
P.E./Health .5 Health .5 Participation Skills	2.00
Fine Arts	1.50
Financial Literacy	.50
Computer Tech.	.50
Career and Technical Education (CTE)	1.00
CTE/Elective	1.00
CTE/Elective	1.00
CTF/Flective	1.00

\*Write the eight letters that are underlined in this paragraph and then unscramble them to spell the missing word in the title.

One credit of Career and Technical Education (CTE) credit is required for graduation. If you choose that first CTE credit wisely, it provides the foundation for a complete Pathway within a CTE Area of Study.

#### **Don't Settle for Less**

The Utah State Office of Education reports an overall graduation rate of 76.7 percent of their students, compared to the national average of 69.6 percent. Considering high school is the *minimum* educational requirement for virtually every job in the U.S. economy, about 23 of every 100 students will have to accept low pay, unskilled jobs because they *didn't* take advantage of a high school education.

Make sure you're among the *graduates* at your high school by:

- Doing everything you can to graduate on time.
- Participating fully (with the help of your parents and school counselor) in your Student Education Planning (SEOP) process.
- Taking full advantage of the Career and Technical Education pathways offered at your school.
- Engage in Work Based Learning opportunities (e.g., internships, job shadows).
- If you fall behind, catch up as quickly as possible. Take remedial courses, get a tutor do whatever it takes!



# Put It All Together In Your Choice's Personal Planning Portfolio

Choices Explorer is a web-based career information system that will help you learn more about how your personal characteristics can be put to good use in a whole variety of occupations.

Log on to your Choices Personal Career Planning Portfolio\* and take advantage of the many features designed to provide the information you need to develop your plan for life and career success!





Check out the WORK section of Choices Explorer. Browse occupations as grouped by:

- CTE Pathway
- Career Videos
- Alphabet
- · Holland Code (Interest Area)
- School Subject
   National Career Clusters

Select the specific occupations that interest you and find out:

- The level of education typically required for success
- Related high school pathways and college majors
- About real people who work in the occupation
- Salary and employment outlook information

Most importantly, keep track of what you learn about yourself, including your plans for continuing your education and for achieving your occupational goals in -



\*If you have not yet created your Choices Portfolio, a CTE teacher or counselor can help.